

LONDON

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Friday's Jackpot

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OUI, OUI!WAY MORE THAN
JUST RAW MEAT:
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PARISIAN BISTRO
FAVOURITE

PAGE 16

Tuning up for
patio seasonLondon's musicians sing the
praises of a pilot project that
will bring music back to the
outdoor eating experience

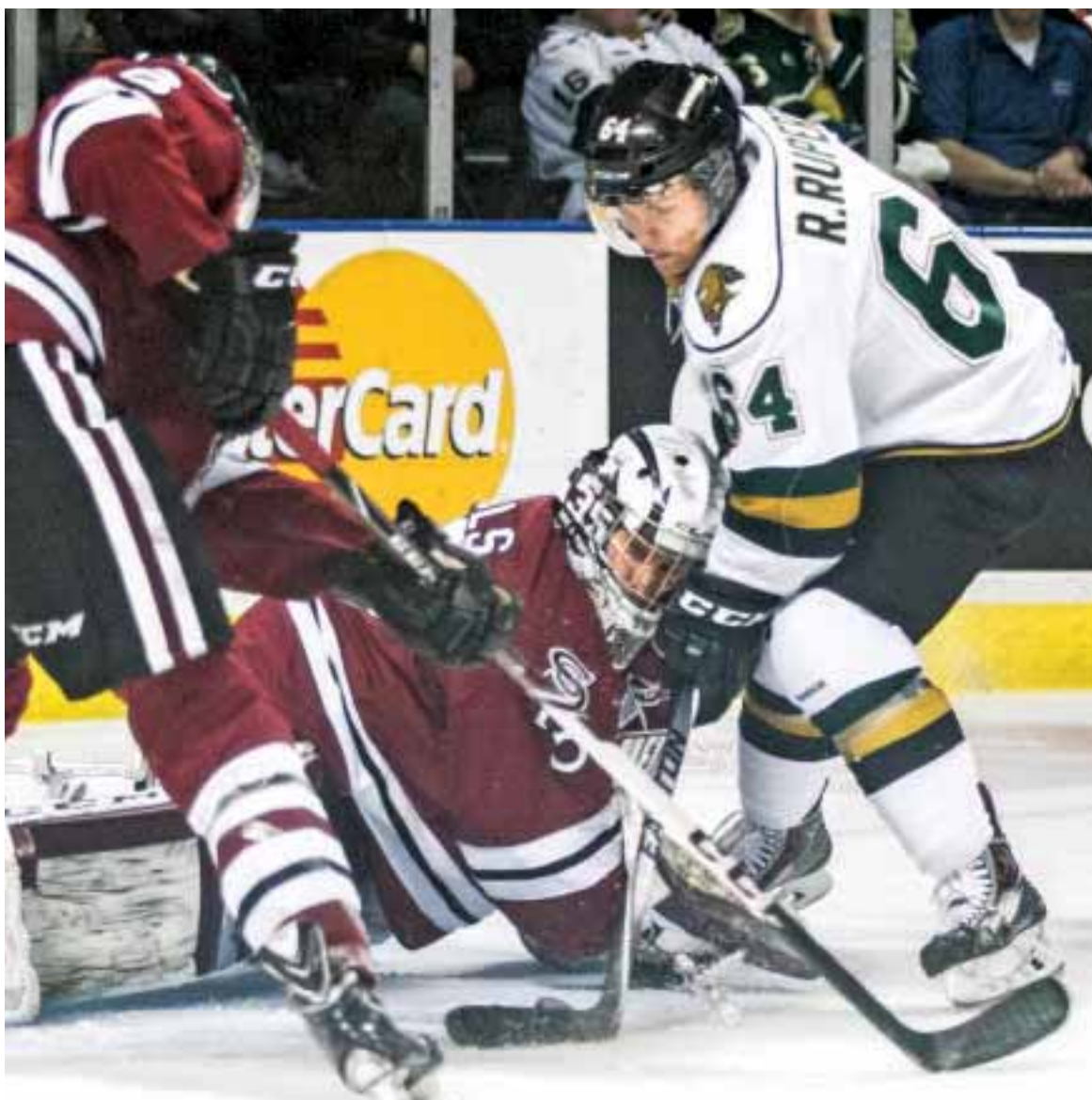
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Attack ad
nauseumPolitical science expert
critiques some hard-hitting
political ads to see if they're
knockouts or not

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'Blade Runner
kind of vibe'Toronto fuzz-pop duo
Moon King talk about their
sound and their new album
in the works

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The Knights' Ryan Rupert, right, fights to find the net during Wednesday's game against Guelph, only to be turned away by Storm goalie Justin Nichols. London lost 7-2 to become only the second host team to exit the Memorial Cup winless. MARK SPOWART/FOR METRO

Knights just
can't weather
the Storm**Three and out.** London
downed 7-2 by Guelph
to become the second
host team to exit the
Memorial Cup winless

In the end, the London Knights
were just not good enough.

The Knights' season — and
along with it, the hearts of
their legions of fans — came
to a crashing halt Wednesday
when they were beaten by
their arch-rival Guelph Storm
7-2 in the final round-robin
portion of the Memorial Cup
tournament.

With the loss, the Knights
became only the second host
team to ever go three-and-out
in the four-team tournament.
The Québec Remparts were
the first to do so in 1993.

Heading into the game, the
Storm had already earned a
bye to the championship final
on Sunday at 4 p.m. With the
London loss, a Thursday tie-
breaker will not be necessary.

The Val-d'Or Foreurs and
Edmonton Oil Kings will now

meet Friday in the semifinal,
with the winner meeting the
Storm on Sunday.

Meanwhile, the reasons
for the Knights' performance
can be attributed to many
things, including a major lack
of offence and less-than-stellar
goaltending. The Knights only
scored four goals in three
games — two by defencemen.

London, despite a terrific
regular season, finished third
in their division and faced an
uphill battle. After a four-game
sweep over Windsor in the
playoffs, they lost to the Storm
in the OHL conference semi-
finals in five games.

That led to a 35-day lay-
off before the Memorial Cup,
which they automatically got a
spot in as host. To be fair, they
also had injuries (Max Domi
and Zach Bell), sickness (Brady
Austin) and a suspension (An-
thony Stolarz) to overcome.

The Knights' early exit will
force the Memorial Cup host
organizing committee to be
creative in keeping already
lukewarm interest in the event
from going completely south.

In the game Wednesday —
and in the entire tournament
— the Knights never had the
lead. The loss marks the final
game for Knights' over-agers
Brady Austin, Alex Basso and
Zach Bell. **DAVE LANGFORD/METRO**

MORE MEMORIAL CUP COVERAGE, PAGE 17

Musicians tuning up for London patio season

London Musicians Association.

Performers optimistic about pilot project



MIKE DONACHIE
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London's musicians are singing their approval of the city's pilot project to bring

music back to patios.

Ted Peacock of the London Musicians Association said there's no shortage of people ready to tune up and try out to become outdoor entertainment at bars and patios.

"I think it's a good step that they would allow any kind of music on patios," Peacock said. "Years ago, it seemed to be acceptable, but there were some noise complaints, and they threw out the whole idea of allowing

any music on patios. So this is a step forward."

The musicians' association has already heard of people ready to play, with guitarists leading the way.

City staff will be keeping an eye on how it works out.

"Hopefully, at the end of the day, the city decides ... it's worthwhile keeping this," Peacock said. "It will help tourism. It will definitely help the venue owners. It will help liven things up."

City hall decision

- On Tuesday night, city council gave the final approval for acoustic music on patios.
- Performances can begin immediately but must not involve amplified music.

He also doesn't expect acoustic music to cause new

problems for homes near bars. The patio itself generates the noise, he said.

Years ago, he played patios where the musicians couldn't even hear each other.

"It surprises me that someone would live in the vicinity of a patio and not be prepared for the noise that would ensue," he said. "It's like living downtown and expecting a pastoral experience."



Young Londoners planting the Forest City

Kids from Sir John A. Macdonald Public School plant trees Wednesday at Sovereign Woods, just east of Veterans Memorial Parkway. They were assisting an effort that aims to add 2,100 native trees to the area through a project run by the Upper Thames River Conservation Authority, in partnership with the City of London and Thames Valley District School Board.

MIKE DONACHIE/METRO

Flu season still lingering, London health unit warns

The advice is the same and the sickness is still spreading. The Middlesex-London Health Unit is warning that flu season isn't over.

For the latest week reported by the health unit, May 12-18, there were seven new laboratory-confirmed flu cases, all of them influenza B. The previous week there were 13 cases.

"It is trending the way we want it to. So we are seeing a few cases come in and it definitely is still in the com-

Confirmed cases

Since Sept. 1, there have been 403 confirmed cases of flu locally, and 202 people were hospitalized. In the same period, there were 16 flu-patient deaths in the London area.

munity," said Tristan Squire-Smith, manager of the health unit's infectious diseases control team.

So it may not be winter, but people are still being told to make good choices when it comes to infections.

Here's some advice: if you have to cough or sneeze, do it into your elbow or your sleeve; if you're sick, don't go to work; and wash your hands to halt the spread of infection.

As for this flu season, it's not been the worst or the best but "heavy," Squire-Smith said.

MIKE DONACHIE/METRO

Crime. Local police warn of theft from cars

London police say people parking downtown for Memorial Cup hockey games need to be extra vigilant about theft.

The department has handled 50 reports of thefts from vehicles and arrested two people since the tournament started May 16 at Budweiser Gardens.

A 21-year-old London woman was charged Sunday night after police found her inside a vehicle parked in a Dufferin Avenue lot.

The woman was in possession of property, including a wallet, that police allege was taken from nearby vehicles.

A 47-year-old London man was arrested late Tuesday after officers spotted him looking into the windows of a vehicle.

He was in possession of several flashlights and tools commonly used to break into vehicles and homes, police said.

METRO

Taming turbine troubles. Researchers stress both sides can work together

Researchers at Western University are offering advice to those trying to drum up support for expanded use of wind turbines.

In a nutshell, eliminating rhetoric, understanding the effects of proximity and density around homes and sharing the financial benefits with those who live nearby could go a long way, researchers say.

The advice comes after experts in the university's geography department headed to the homes of people living in the Ontario towns of Port Burwell and Clear Creek.

The researchers did 26 interviews and had people fill out 152 questionnaires to get a better understanding of what drives people's opinions about turbines.

"Bringing these interviews together with the survey allowed us to determine if certain themes were present across these communities to help them and other communities reduce conflict and have more productive outcomes," said researcher Jamie

Baxter. "We discovered that there is a willingness on both sides of the issue to listen to each other and work together, but that seems to be getting lost in a war of words."

"Governments and wind developers need to better understand the social dynamics of rural communities and avoid feeding into rhetoric that allows neighbours to ridicule concerned or impacted residents."

Money helps too, the study says.

While people who lease land to turbine developers are compensated, those living nearby are typically not compensated.

"Addressing this discrepancy could drastically change how these developments are received in these communities," Baxter said.

"Those who benefit financially are more likely to accept these developments, but neighbouring residents have been reluctant to ask for these benefits lest they be accused of gold-digging."

METRO



Wind turbines hover over an Ontario farm. TORSTAR NEWS SERVICE

Woodstock. Two more Habitat homes underway

More homes are being built in Woodstock by Habitat for Humanity.

Building is about to begin at 625 and 627 Main St., with the first shovels of dirt turned on Wednesday.

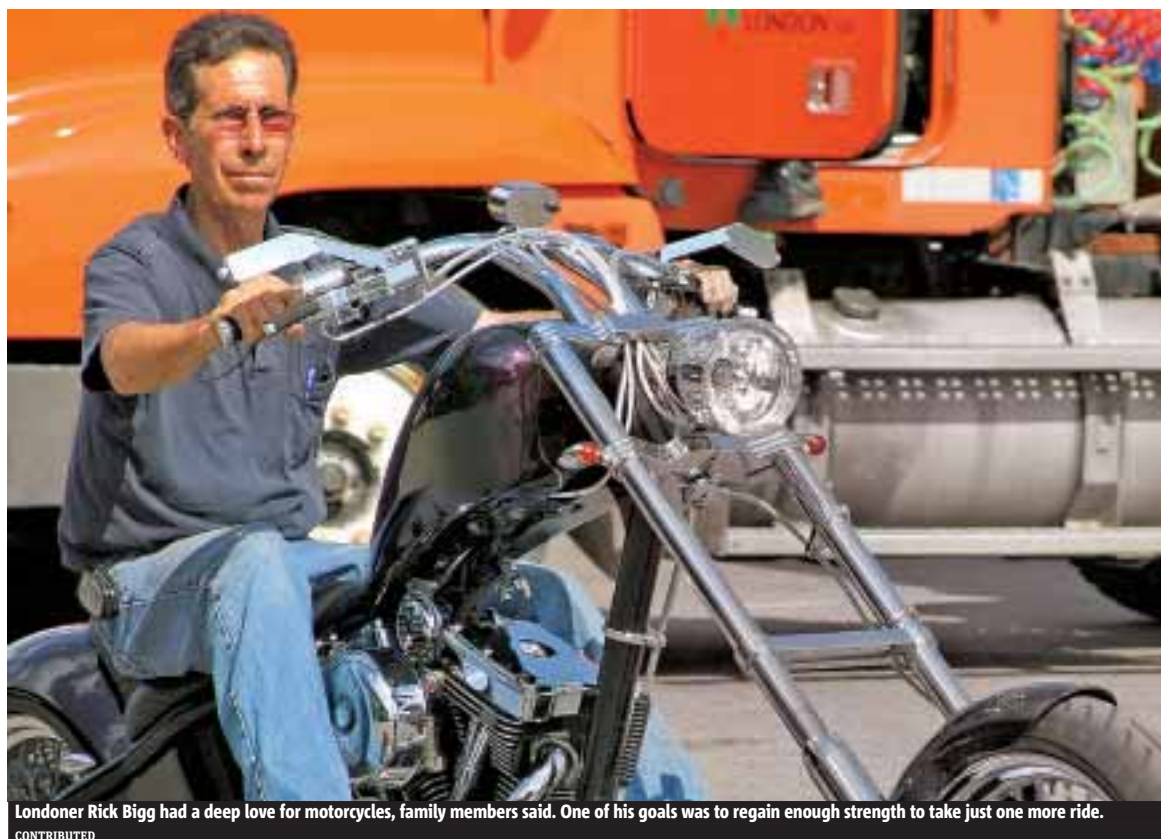
When complete, the buildings will house the Lusk and Ma Baw families. The projects are being supported by Toyota and the Dr. Leonard Reeves Foundation.

Habitat for Humanity builds homes for low-income families and provides

no-interest mortgages and monthly payments geared to income. New homeowners help to build the homes.

Prospective homeowner Naw Paw said she's excited about having a garden and her children want to paint their rooms in bright colours.

The second new homeowner, Michelle Lusk, said the home will allow her "to have my own place and to invest in it and not pay rent anymore." METRO



Londoner Rick Bigg had a deep love for motorcycles, family members said. One of his goals was to regain enough strength to take just one more ride.

CONTRIBUTED

Londoner was known for kindness, humour

Age 58. Rick Bigg died Saturday at home with wife Laurie at his side



SCOTT TAYLOR
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"Smiley" has reached the end of his long road.

Rick Bigg, a London man who friends and family said always had a smile and a kind word for everyone, died Saturday with his wife, Laurie, at his side. He was 58.

Bigg, a motorcycle enthusiast, had recently been diagnosed with cancer of the esophagus and his health had become progressively worse over a short period of time, his wife said.

Friends and family had been spreading his story over the past month through an online fundraising campaign meant to help the couple.

In addition to cancer, Bigg had also been battling the effects of Parkinson's disease for the past eight years. Laurie, meanwhile,

How to contribute

- A fundraiser to help Rick Bigg's wife, Laurie, and her kids is planned for 3 to 8 p.m. Sunday at Eastside Bar and Grill (750 Hamilton Rd.).
- Online donations can also be made at go-fundme.com/81u5ws.

working and caring for her husband.

The stress and heartache have taken a toll on Laurie, but she prefers to focus on the positive.

"I can't even imagine my life now without him," she said. "But I have absolutely no regrets, because we did at least have the last couple of weeks to be together."

"No matter what was happening in our lives — and we had some ups and downs — he always found a way to make it light and laugh about it."

has been recovering from a kidney transplant while

Bitcoins accepted at London business

The digital currency Bitcoin is being accepted in London for the first time.

Digital marketing agency ATMOS Marketing is the first local company to take payments in bitcoins.

The currency bypasses banks and central authorities to work as an international payment method. It's been controversial at times, partly due to its lack of regulation, creating a risk that it could be

used for criminal purposes. However, those in favour of Bitcoin believe it could be the future.

"Virtual currency is in its infancy and currently under some scrutiny," said ATMOS partner Corey Dubeau. "But this is similar to the initial skepticism that surrounded digital marketing. And now, digital is a thriving channel that helps companies to grow."

Bitcoin was introduced in 2009 and is seen as an open-source network because it's available to all — at least as far as governments allow their country's currency to be used to purchase it.

It uses peer-to-peer technology and is managed by its own network of owners collectively. There is a Bitcoin embassy in Montreal and some ATMs and exchange services across the country, but

the system is rare in London.

"As a digital company that embraces new technology, we want to help London build on its foundation as an innovative economy and community," said ATMOS partner Larry Lau.

ATMOS will continue to accept traditional methods of payment but hopes to encourage local businesses to start trading in bitcoin.

METRO



People paddle boats down a flooded street in Obrenovac, about 30 kilometres southwest of Belgrade, Serbia. In Serbia, more than 20,000 people have been forced from their homes because of flooding. THE ASSOCIATED PRESS

London helping residents of the Balkans following floods

Local connection. Londoners with ties to Bosnia and Serbia are collecting money and other donations



SCOTT TAYLOR
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Relief efforts are being organized in London as tens of thousands in the Balkans deal with the aftermath of the worst flooding the region has seen in more than a century.

In Bosnia, it's estimated the flood has affected a million people. In Serbia, some are sleeping on their roofs because the water has covered the living area.

Thousands of kilometres of

roads and railway tracks have been washed out.

Londoners with ties to Bosnia and Serbia are collecting money and other donations to help the many thousands left with nothing.

"They haven't seen anything like it over the last 100 years," said Marko Karac, an organizer of the London effort. "I saw pictures of my godfather's house, and there

Quoted

"They haven't seen anything like it over the last 100 years."

Marko Karac, an organizer of the London relief effort, on the flooding in the Balkans

was a foot or two of rain the other day. I talked to my dad (Wednesday), and he told me

the house is now covered."

Items needed include baby food, diapers, water and personal hygiene products.

Karac said money would also help. Cheques can be made out to 28. Jun, a registered non-profit organization that works closely with the Red Cross and the Serbian government.

"My mom is actually back (in Serbia) visiting," Karac

said. "She went there before the rain. Physically, she's okay, but mentally she's scared."

Donations can be dropped off at St. Sava Serbian Church (5567 Wonderland Rd. S.) from noon to 9 p.m. Thursday. People will likely be there Friday, as well.

Follow Scott Taylor on Twitter @taylorinlondon



Politics. Greens name provincial candidate in London West riding

The Greens are back in the race for London West.

Commercial property manager Keith McAlister has been named as the riding's candidate in the June 12 provincial election, five days after Gary Brown dropped out of the race, saying he had too many commitments.



Keith McAlister
CONTRIBUTED

managing property in the city. METRO

New team. Crew members sought for dragon boat

A three-time cancer survivor is looking for people to take to the water with her.

Addie Gushue is the brave captain of Dragon's Breath, a dragon boat that takes part in events across the area and has regular training sessions at Fanshawe Lake.

It's been offering experiences that can't be beaten for 14 years, said Gushue, who's survived breast, thyroid and

skin cancer.

"My team is cancer survivors and supporters," she said. "Last year, I've had a lot of team members leave, so we want to start over again."

Members' ages over the years have ranged from 16 to 72, she said, and the main aim is to raise awareness that "there is life after cancer." For more, visit dragonsbreathcrew.ca.

METRO

Historic home. Curator named for Eldon House

Someone has been appointed to a much-discussed new position at London's oldest house.

Eldon House has named its new curator, which was the subject of much debate in the city's budget process.

Tara Wittman, who has worked at the taxpayer-owned attraction for 10 years and has a master's degree in art history, is being called the

ideal choice.

"We are collectively encouraged by the dedication, strength and capacity Tara demonstrates for this role," said board chair Maureen Spencer Golovchenko.

Having a curator means Eldon House has, for the first time, a full-time staff member dedicated to developing opportunities there.

MIKE DONACHIE/METRO

The two-week blackout period for ads in Ontario's election campaign was lifted Wednesday, so you can bet some new attacks are coming. Here's a critique of some of the best-of-the-worst attack ads in Canada's recent electoral history.

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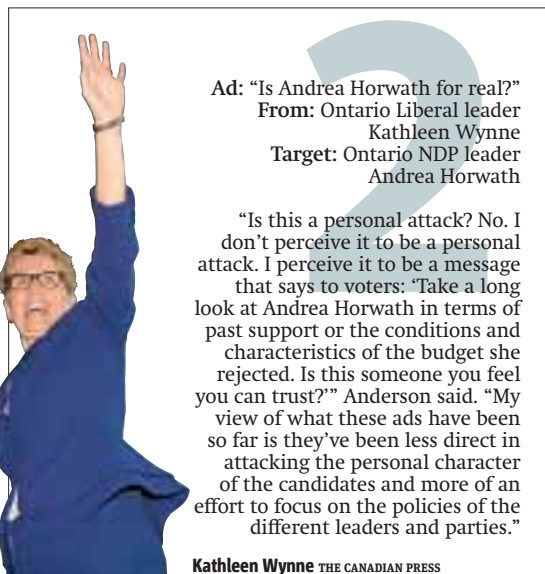


Michael Ignatieff TORSTAR NEWS SERVICE FILE

Ad: "Just visiting"
From: Conservative Party of Canada
Target: Michael Ignatieff

"Here's this (global) intellectual, elite guy, who sort of sweeps in for the easy victory and he's in it for himself and not for the voters," said Cameron Anderson, associate political science professor at Western University. "Something that made the ad succeed to a certain level was that Ignatieff didn't respond to it."

4 ads with bite



Ad: "Is Andrea Horwath for real?"
From: Ontario Liberal leader Kathleen Wynne
Target: Ontario NDP leader Andrea Horwath

"Is this a personal attack? No. I don't perceive it to be a personal attack. I perceive it to be a message that says to voters: 'Take a long look at Andrea Horwath in terms of past support or the conditions and characteristics of the budget she rejected. Is this someone you feel you can trust?'" Anderson said. "My view of what these ads have been so far is they've been less direct in attacking the personal character of the candidates and more of an effort to focus on the policies of the different leaders and parties."

Kathleen Wynne THE CANADIAN PRESS

Ad: "In over his head"
From: Conservative Party of Canada
Target: Justin Trudeau

"I think Trudeau has tried to craft his own narrative, to not get sucked in to responding to this in an 'in over his head' sort of response," Anderson said. "He's focused on his issues, the issues he would want to focus on ... and he's tried to focus on (Stephen) Harper's record at some level. I think there's definitely been a response — not directly to the 'in over his head' message — but to try and shift the terms of debate to the things he wants to speak about."



Justin Trudeau THE CANADIAN PRESS



Andrea Horwath THE CANADIAN PRESS

Ad: "Aren't you ready to put the Liberals in the penalty box?"
From: Ontario NDP
Target: Governing Liberal party

"Well, it's drawing on a hockey analogy. That's sensible. I think that in this fiscal environment with a pretty large year-over-year deficit and a growing debt over the last decade or so, it's pretty hard for the NDP to position themselves as a party of big spending," Anderson said. "They may not propose massive cuts, but this is wasted tax dollars spent inefficiently."

"It's almost coming from the penny-pinching right, but it's in contrast to what the Conservatives are doing provincially, which is 'slash the budget and knock down our spending.'"

For more local news, visit
metronews.ca



Auto industry. Wynne attacks Hudak, calls Horwath 'irrelevant'

Premier Kathleen Wynne took to the heart of Ontario's auto industry Wednesday, where Liberals have recently lost stronghold seats to the New Democrats, but aimed her attack squarely at the Tories, dismissing the NDP leader as "irrelevant."

"Tim Hudak would destroy the auto industry in Ontario," Wynne said. "He would move away from a decades-old strategy of partnerships between government and business."

Speaking near Windsor at a manufacturer of goods used in the auto industry, Wynne touted the Liberal government's record on support for the sector.

The Liberal leader characterized the choice in the June 12 election as one between her party and the Tories. The only mention of NDP Leader Andrea Horwath in her remarks on the auto sector was to dismiss her.

THE CANADIAN PRESS

Mixed messages. Hudak defends subsidies but also pledges to end them

Companies have had little choice other than to take government grants given high taxes and energy costs, Progressive Conservative Leader Tim Hudak said Wednesday.

Speaking at a plastics manufacturing plant that has benefited from millions in public money, Hudak defended his host while touting his own plan to end such subsidies.

"If your taxes were going through the roof and your

energy bill was skyrocketing, I don't blame any business leader for trying to get some of that money back," Hudak said. "A better approach is not to take all that money out of this plant to begin with."

Hudak's aides would not allow the media to speak to the owner of the plant, whom they quoted as being supportive of the Conservative plan. They later said it was at the owner's request.

THE CANADIAN PRESS

\$60M. Horwath pitching money for schools to be used after classes

Schools are the heart of Ontario communities and could be better used after classes to provide affordable programs for kids, parents and seniors, NDP Leader Andrea Horwath said Wednesday as she campaigned for the June 12 election.

Horwath promised that an NDP government would create a \$60-million-a-year fund, starting in 2016, to help boards keep fees down for sports clubs and community

groups that want to use the schools after hours.

"Schools serve even a greater purpose than just that of education, and our open schools fund will help school boards keep the lights on, keep cleaning staff in place, keep staff around," she said.

The NDP said 28 per cent of the groups that rent school space after hours had to cancel or reduce their programs between 2008 and 2012 because of rising fees. THE CANADIAN PRESS

Residents say Boko Haram attacked villages, killing 48



A victim of Tuesday's car-bomb explosions receives treatment in Jos University Teaching Hospital in Jos, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Counting the dead. Group reportedly follows up bombings that killed more than 100 with assaults

Boko Haram assaulted three villages in northern Nigeria, killing 48 people, residents said Wednesday, hours after twin bombings claimed at least 118 lives in the central city in an attack the government blamed on the Islamic extremists.

One of the villages attacked between Tuesday night and early Wednesday is near the town of Chibok, where more than 300 schoolgirls were kidnapped last month by Boko Haram, according to residents and a state intelligence agent who spoke on condition of anonymity because he is not authorized to give information to reporters.

Apagu Maidaga of Alagarno said residents of that village hid in the bush and watched while the extremists set ablaze their homes of thatch-

roofed mud huts.

"We saw our village up in flames as we hid in the bush waiting for the dawn; we lost everything," he said.

In Jos, where at least 118 people were killed in twin bomb attacks Tuesday on a bustling bus terminal and a market, residents joined rescue workers armed with body bags, looking for missing loved ones. Most victims were women and children vendors, said Mohammed Abdulsalam of the National Emergency Management Agency.

"We expect to find more bodies in the rubble," Abdulsalam said. At least 118 bodies were delivered to hospital morgues Tuesday, and 64 people were hospitalized, he said.

Jos is tense with fears the attack could inflame religious rivalry. Boko Haram, the group suspected in the attack, wants to impose an Islamic state under strict Shariah law in Nigeria, though half the country's 170 million people are Christians.

Officials in at least three other central and central-north states have suggested the extremists are feeding into tribal and religious tensions to spread the insurgency from their stronghold in Nigeria's northeast into an area where thousands have been killed in recent years in disputes over land, water, religion and tribe.

At the Jos marketplace, earthmovers demolished buildings weakened by the bomb blasts and fires and moved heavy debris, allowing rescuers to search for more bodies.

Security forces cordoned off the area of mounds of rubble, burned-out vehicles and razed buildings. A charred engine block was all that remained of the grain-filled truck that held the second bomb.

Despite the latest devastation, Nigerian army spokesman Brig. Gen. Olajide Laleye insisted Wednesday that victory was close, dismissing reports of troops suffering from low morale and lack of basic equipment, including bullet-proof vests. **THE ASSOCIATED PRESS**

Extremist violence

Boko Haram's five-year-old uprising has grabbed international attention with the abduction of 300 schoolgirls, who the extremists are threatening to sell into slavery.

- Extremist attacks have increased in frequency in Nigeria this year, with more than 2,000 killed in the insurgency compared to an estimated 3,600 between 2010 and 2013.
- On Monday a car bomb at a bus station killed 24 people in the Christian quarter of the city of Kano, where police later defused another massive car bomb.
- Two separate bomb blasts in April near another bus station in Abuja killed more than 120 people and wounded over 200.

Nigeria

U.S. deploys 80 to help with search for kidnapped girls

The United States has deployed 80 military personnel to Chad to help locate the nearly 300 girls kidnapped in Nigeria last month, President Barack Obama said Wednesday.

Obama said the service members will help with intelligence, surveillance and reconnaissance aircraft. He says the force will stay in Chad until it is no longer necessary. Chad shares a portion of its western border with northeastern Nigeria.

The girls and young women, all from a school in northern Nigeria, were kidnapped last month by an Islamic extremist group known as Boko Haram.

The government of Nigerian President Goodluck Jonathan came under intense criticism for its initial response to the kidnappings. Since then, the international community has pledged its assistance.

THE ASSOCIATED PRESS



Flood recovery to cost billions in Serbia, Bosnia

Bosnian residents from a nearby village film floods in the village of Domaljevac near the Bosnian town of Orasje along river Sava, 200 kilometres north of the Bosnian capital of Sarajevo, on Wednesday. Floodwaters receded Wednesday in Bosnia and Serbia, just enough to reveal the next shock: recovery from the historic flood will probably cost billions of euros that neither of the countries has. Although there's no official total for flood damages, the Raiffeisen Investment Group said in a note to investors that preliminary estimates are nearly \$1.8 billion US for Bosnia alone. In neighbouring Serbia, Prime Minister Aleksandar Vucic has said damages could range up to \$2 billion. The record flooding has led to at least 44 deaths: 22 in Bosnia, 20 in Serbia and two in Croatia. Bosnia has one of the lowest gross domestic products in Europe and an unemployment rate of up to 44 per cent. AMEL EMRIC/THE ASSOCIATED PRESS

Criminal allegations. Woman claims she was kidnapped 10 years ago and forced into marriage

A woman who was 15 when she disappeared from her home a decade ago has contacted police and told them she was kidnapped by a man who sexually assaulted her, forced her into marriage and fathered a child with her, authorities said Wednesday.

Police have arrested Isidro Garcia, 41, on suspicion of kidnapping for rape, lewd acts with a minor and false imprisonment, according to a statement from the Santa Ana Police Department.

In 2004, when the victim was 15 and had recently arrived in the United States without legal documentation, Garcia was dating her mother and lived with the family, authorities said. The mother suspected that he was sexually abusing her daughter, police said.

In 2004, Garcia assaulted the mother, drugged the girl and then fled with her to a house in Compton, locking her in a garage, according to police.

Garcia repeatedly told the victim that her family had stopped searching for her and that they would be deported if she tried to leave, the statement said. In 2007, Garcia got false identification papers for her from Mexico so he could marry her, Santa Ana Police Cpl. Anthony Bertagna said. They married at a courthouse, he said. In 2012, he fathered a child with her.

Garcia secured two jobs for them on a night cleaning crew so he could keep watch over her, authorities said. Bertagna said she tried to escape twice but was severely beaten.

The 25-year-old woman, whose identity is not being released, contacted authorities Monday. Police said she came forward after finding her sister on Facebook. She has been reunited with her mother.

The case has been presented to the Orange County district attorney's office for consideration. **THE ASSOCIATED PRESS**

Syrian troops poised to break siege of 4,000-inmate prison

Aleppo central jail.

Detainees include common criminals, rebels, opposition supporters; about 150 inmates are women

The Syrian army inched closer to a besieged central prison in the contested northern city of Aleppo on Wednesday, with intense artillery shelling and military aircraft dropping dozens of crude bombs in the area, killing at least 50 rebel fighters, state media and opposition activists said.

Rebels have been besieging the sprawling prison, along with its estimated 4,000 inmates, for the past year and have repeatedly barrelled suicide car bombs into the front gates and clashed with guards and troops holed up inside.

State-run SANA news



Syrian refugees stand next to trucks carrying their belongings at the Lebanese-Syrian border in this April 22 photo. Amnesty International says Syrian refugees in Lebanon are going without treatment for chronic illnesses like diabetes and cancer because of a shortfall in funding to provide them with medical care. HUSSEIN MALLA/THE ASSOCIATED PRESS FILE

agency said army units have regained full control of the town of Heelan, near the

Central Prison in Aleppo, on Wednesday and are "advancing toward the surrounding areas after tightening control of the prison." The rebels, a mix of Is-

lamic groups, including the Tawheed brigade and the ultraconservative Ahrar al-Sham that is part of the Islamic Front alliance, and the al-Qaida linked Nusra Front, launched their assault on the prison in April last year. Their aim was to free those inside but also to capture the government-controlled enclave amid neighbourhoods largely held by the opposition.

For Assad's forces, the facility and the area around it are important because they would open the way to regaining control over the eastern road linking rebel-controlled areas of the city with the countryside to the north, which has supplied rebel areas with food and troops.

At least 150 detainees have been killed in clashes around the facility that has become a symbol of a deadly stalemate in Syria's three-year-old conflict.

THE ASSOCIATED PRESS

Possible war crimes

Russia says it will veto resolution

Russia's ambassador to the United Nations says his country will veto a UN Security Council resolution to refer the crisis in Syria to the International Criminal Court for investigation of possible crimes against humanity and war crimes.

Nearly 60 countries have urged the council to refer the matter to the ICC, and France has called for a vote Thursday.

But permanent council member Russia has vetoed three previous resolutions on the Syria conflict, and Ambassador Vitaly Churkin told reporters Wednesday his country would do the same with this one. Moscow is Syria's closest ally.

Churkin calls the French-drafted resolution "simply a publicity stunt" that will hurt efforts to resolve the crisis politically. THE ASSOCIATED PRESS

Telecom. Federal privacy law challenged for being unconstitutional

The Canadian Civil Liberties Association is challenging the constitutionality of a federal privacy law that allows private companies to disclose personal information to the government without a warrant.

The challenge comes amid revelations that telecommunications service providers have been disclosing private customer information to government agencies on a broad scale.

In its application to the Ontario Superior Court, the association says law enforcement may have a need for some personal information, but the current law is too broad and should be struck down.

The association says the

consequences of allowing government to access and share personal information without the person's knowledge or consent can be very serious and violate fundamental constitutional rights.

The court filing also said the law allows government agencies to share information with foreign governments in some cases.

"When the requesting government agency has shared information with a foreign jurisdiction, Canada effectively loses control over the information, its use and further disclosure, increasing the risk of serious and adverse consequences."

THE CANADIAN PRESS

Longueuil, Que.

Father of disabled girl found guilty

A Quebec man who slapped his teenage daughter so hard she died has been sentenced to 60 days in jail.

Moussa Sidime is expected to serve his time two days a week over 30

weeks.

The 74-year-old man had pleaded guilty to manslaughter in the death of his 13-year-old daughter Noutene in October 2010.

The court heard Sidime struck her because he didn't like how she'd completed a chore and because she had been disrespectful.

THE CANADIAN PRESS

Canada pledges \$36M to aid nine African nations



A mother comforts her severely malnourished and dehydrated child at a hospital in Wajir, Kenya. CHRIS JACKSON/GETTY IMAGES

Seven-year plan.

Money will help pay for research into the primary health-care needs of mothers, newborns and children

A week before an international conference on maternal and child health care opens in Toronto, the Harper government is rolling out announcements on what it sees as its signature issue on the world stage.

In Geneva, Health Minister Rona Ambrose pledged \$36 million over seven years to help improve the lives of women and children in sub-Saharan Africa.

Hours later in Calgary, Deepak Obhrai, the parliamentary secretary to Foreign Affairs Minister John Baird, unveiled another program to help mothers and children in South Sudan.

Ambrose was at the World Health Assembly in Geneva when she pledged the money to help pay for research in nine countries into the primary

health-care needs of mothers, newborns and children.

The countries are Ethiopia, Ghana, Tanzania, Mozambique, Mali, Senegal, South Sudan, Malawi and Nigeria.

Obhrai said Canada will put up \$19.9 million over six years to staff and equip four mobile primary health-care clinics and provide other services to 350,000 people in more than 600 remote communities in Warrap state, South Sudan.

Canada will also help train 1,500 community health volunteers, deliver 116,000 anti-malarial bed nets and build 170 safe drinking-water points.

The announcements come ahead of the May 28 to 30 conference in Toronto, which is aimed at helping to shape future action on maternal and child health problems.

The Harper government pushed mother and child health issues at the G8 summit in June 2010. Canada pledged to spend \$2.85 billion between 2010 and 2015 to assist women and children in developing countries as part of what was called the Muskoka Initiative.

THE CANADIAN PRESS

Seven days of Soy lent

Forgoing solid food.

Soylent may be convenient but it's not very appetizing, says reporter Jessica Smith Cross, who spent a week living on the liquid



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Standing at the streetcar stop a few weeks ago, tired and hungry after a long day at work, my arms loaded down with groceries, I longed for Soylent.

I had interviewed Rob Rhinehart, whose company sells Soylent, a beige liquid that he claims has every nutrient, calorie and protein the body needs. It's made from a bag of powder — maltodextrin (simple carbs), rice protein, oat flour and a blend of vitamins and minerals — and a packet of oils that provide fat and omega-3s. It costs about \$10 a day. You just mix, carry it around in a water bottle and sip.

He'd promised to send a sample. Though I enjoy eating and cooking, the idea of taking a break (from shopping, cleaning, being too busy to eat and then wanting anything covered in cheese) was appealing.

People worldwide are clamouring for Soylent. His company raised more than \$1 million in pre-orders through crowdfunding and more still in venture capital funding.

Rhinehart, who is trained as an electrical engineer, was working at a failing startup in California when, time and money-starved, he decided to "hack" food. He wrote a blog post called "How I stopped eating food" about eating nothing but Soylent for 30 days.

"My energy level had skyrocketed at this point. I felt like a kid again.... I feel like the six million dollar man. My physique has noticeably improved, my skin is clearer, my teeth whiter, my hair thicker and my dandruff gone," he wrote.

He went on to live on Soylent for two more months. Today, he relies on it for 90 per cent of his meals, he said.

It sounded wonderful, so I decided to give it a try. Here is my own account of seven days on Soylent. The rules I set for myself: I couldn't eat anything; I drank Soylent, as well as coffee, lattes and water; I imbibed a few alcoholic drinks and an Italian soda.

Results may not be typical.



Metro reporter Jessica Smith Cross ate nothing but Soylent for seven days. METRO

Tuesday

With a friend as fellow guinea pig, I mixed my first batch of Soylent with equal parts trepidation and excitement. The smell was familiar: vanilla, like batter, the taste slightly sweet with chalky notes.

Moments later we received news a mutual friend had died, not unexpectedly. Soylent was forgotten. That evening, friends snacked as we swapped stories of the departed. Later, as they cooked dinner in my kitchen, I thought about how food is a ritual we bond over in joy and grief. When there were breaks in conversation, a friend would ask about Soylent, and everyone would weigh in with a question, thought or joke. It helped.

Wednesday

I felt awful. I began having heartburn and I'd feel discomfort after drinking it. I was finding myself not hungry but missing being full. Instead of a break from food, it was all I was thinking about. Any advertisement, mention or smell of food would upset me. I couldn't stop thinking of the scene in the dystopian sci-fi film *Soylent Green*

(in which their Soylent is made of people) where the character Sol — who hasn't had real food in years — takes great pleasure in eating lettuce. Oh God, I missed lettuce.

Thursday

I was getting bored with the monotony of Soylent, so for breakfast I added espresso powder and ice. For lunch, when I tried to microwave it, my meal got thick and exploded. But thinned down with some hot water and cocoa powder, it made a passable hot chocolate.

The cravings for real food weren't going away. When a co-worker offered me a doughnut, I barked "No" so loudly the whole newsroom stared at me.

Later at a get-together, I tried a Soylent cocktail and made a Bailey's-whiskey mix. Not bad, but after one I'd had enough.

Friday

On Fridays I volunteer at a breakfast drop-in program. I thought it would be difficult to be surrounded by and cooking large quantities of food. Fortunately, it was so busy I didn't have time to think about it.

Saturday

At a friend's cottage, the host put together a beautiful array of food — fruit, nuts, cheese, meat, bread, avocado and hard-boiled eggs. I stared longingly. This was the start of my food-staring phase. When my husband was eating a delicious-looking beet salad that night, I couldn't tear my eyes away. My mouth watered. "Describe it to me," I demanded.

"This is weird," he replied.

Sunday

At dim sum with friends there was more staring at food, more jokes about how crazy it is not to eat. It was funny, but I was sad to miss the experience of sharing and tasting food. I noticed it was getting easier. The trouble digesting Soylent was all but gone. I got used to feeling a food craving, acknowledging it and moving on. I had the energy to go out dancing.

Monday

At the gym, I was happy to find I was in the same shape as the week before. I had the energy for my normal workout. I hadn't lost or gained weight.

Day 2

"I was finding myself not hungry but missing being full."

Metro's Jessica Smith Cross

Jessica's bottled Saturday meal versus her friends' gorgeous spread. Scan the photo with your Metro News app to watch a clip from *Soylent Green*. METRO



On tap

A future free of food fears?

Rhinehart's company is working to get Soylent to crowdfunding after lengthy delays. They're now shipping to Americans who ordered a three-month supply.

In the long term, Rhinehart said he envisions a world where Soylent is free on tap and no one has to worry about food again.

In line with that vision, he's taken an open-source approach to Soylent: he posted the recipe online and doesn't have any patents. He said there will be some changes to the recipe, as he hopes to source much of the product from algae as it's an environmentally friendly and efficient food.

A clinical trial to determine the health effects of a Soylent diet is underway, said Rhinehart. Most skepticism from nutritionists, dietitians and doctors have come from a lack of testing.

"That's kind of overkill for a food," said Rhinehart. "A lot of people get very concerned about this product, but it's just food, like fish and chips or cereal."

for the user to live on it entirely; that wouldn't be very interesting or very fun. But it is possible," Rhinehart said.

He said Soylent is a substitute for "utility" meals: meals you don't have time to enjoy and likely aren't healthy as it's expensive to eat well on the go.

But then, Soylent isn't that kind of diet. In the last few hours, I made a batch of muffins for the morning and it took all of my will not to eat one.

The final gulp

I never got to the point where, like Rhinehart had described in his blog post, I wouldn't crave food if I smelled it but want Soylent instead. I never felt I had extra energy.

Rhinehart attributes the "six million dollar man" feeling to his switch from an unhealthy diet to a healthy one, so perhaps I had a healthier baseline.

Knowing I'd been eating nothing but Soylent all week, he told me that wasn't Soylent's intended use. Soylent's marketing department had told me the same after I complained on Twitter about finding that hard.

But, everything I read about Soylent, beginning with Rhinehart's own blog, was Soylent could be all the food you need.

It's been heralded in the media as "the end of food" and a product that could change the world as we know it, so I was disappointed to be scolded for trying to live on it for just a week.

"The product wasn't meant

Jay Z's latest club shows he's still a business, man

At the 40/40 Club, ESPN on the screen. Hova gets dirt off his shoulder, tries again with club in Atlanta airport after closures in Atlantic City and Vegas

Jay Z brought his 40/40 Club to the world's busiest airport on Wednesday, with the opening of the swanky bar's third location.

40/40 is open to ticketed passengers at Hartsfield-Jackson Atlanta International Airport, according to spokeswoman Victoria Hong of Delaware North Companies, which partners with the rap mogul. The sports bar is in the airport's Concourse D concessions area.

40/40 restaurant and lounges also are located in Manhattan and the Barclays Center in Brooklyn. Jay Z also



As Jay Z raps, he's not a businessman, he's a business, man. GETTY IMAGES

had clubs in Las Vegas and Atlantic City, N.J., but both closed.

The original Manhattan location opened in 2003. 40/40 was named after the rare feat among ballplayers of hitting 40 homers and stealing 40 bases in one season.

THE ASSOCIATED PRESS



Pawsitively pricey pet portraits

A photo provided by a pet photographer shows Heyla, a 10-year-old Saluki, in Paris. Pet portraiture is becoming big business as more and more families seek to capture canine memories. A consultation and hour-long photo shoot can fetch \$500 US.

RACHAEL HALE MCKENNA/THE ASSOCIATED PRESS

Site to hand over info

Time to rethink renting out your place on Airbnb?

New York's attorney general and the website Airbnb have reached an agreement on information disclosures about short-term New York City apartment rentals in a state investigation of illegal hotels.

THE ASSOCIATED PRESS

Database compromised

eBay asks users to change passwords after cyberattack

E-commerce site eBay is asking users to change their passwords after a cyber-attack compromised a database containing encrypted passwords.

eBay says there is no evidence of any unauthorized activity. THE ASSOCIATED PRESS

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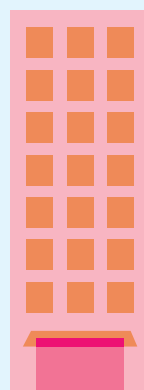
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DRESSING FOR BACHELORS 101

Clothes make the man, wouldn't you agree?

When I met my girlfriend, I worried I'd no longer be able to write about my favourite topic: bachelorhood. But I always understood deep down that bachelorhood is not about your relationship status. It's about living a lifestyle that leads acquaintances to assume you live in the woods, possibly with wolves.

If you eat Mini-Wheats directly from the box for "dinner," wash the dishes by whacking them against a hard surface or, yes, dress like you found your clothes in the dumpster outside the Goodwill, then you get to keep the bachelorhood union card.

My wardrobe keeps me rooted in the comfortable environs of bachelorhood, girlfriend or no.

I'm not what you would call fashion-forward, or even fashion-sideways, but I dress pretty well.

I mean, if there's a tie involved I can't. And if my back's acting up then putting socks on requires a repeated fishing motion until I "catch" the sock on my big toe. And I find it hard to work buttons



HE SAYS

John Mazerolle

metronews.ca

while I'm looking in the mirror.

But when my girlfriend and I went shopping for jeans this week, my contribution was pulling them on, so I definitely dress pretty well. Usually.

Despite these wardrobe malfunctions, I still have the bachelor clothing itself down to a science. Observe with these tip-top tips:

How to be a fashionist: Clothing for bachelors

Befashionable in bulk: The worst part about clothes is that you have to buy them. One of the reasons I've managed to keep slim over the years is that when my jeans start to get tight in the waist, I lose weight. Self-discipline? No. I'd simply rather diet and exercise for three months than shop for 45 minutes.

So, if you try on something you like, make a beeline back to the table it came from and buy it in every colour available. Also buy larger sizes for when you gain weight and smaller sizes for when you're old and frail.

If anyone notices you're wearing the same pattern day after

day, it means they like you. Go for it.

Dress outside the box: Say you only have one black button-up shirt that you've worn for at least 10 years and which gets used for every semi-formal event, from wedding to funeral to job interview for newspaper columnist. Hypothetically.

If that sounds like you, your wardrobe probably seems a little spare. But wait! Did you know you can wear that shirt unbuttoned OR buttoned? Tucked OR untucked? Clean OR dirty? Suddenly one shirt is an entire wardrobe! The possible combinations are literally six!

Out-wait your clothes: I find it's best to wear clothes until the last possible moment of their life. Your jeans should moult off your body as you buy a new pair.

And do you have dirty clothes lying about that fail the smell test? If you let old laundry sit long enough, it will eventually pass the little-used smell re-test. Everybody loves a redemption story.

I hope you find these fashion tips useful. It's not about the look, it's about the attitude. The clothes make the man.

Or put another way, I wear the pants in my relationship. Whichever pair she chooses.

ZOOM

Croaking in the rain



This tiny frog shows even amphibians don't like getting wet sometimes by turning a leaf into a makeshift umbrella. MUHAMMAD RIDHA/SOLENT NEWS

Shelter from the storm

This green frog took shelter under a tropical plant to escape the shower in his jungle abode. Photographer Muhammad Ridha, 27, spotted the creature trying to dodge the raindrops while out for a walk near his home in Borneo, Indonesia. **MWN**

Photog's view



"When the frog saw me watching him, he stayed quiet but just carried on with his funny behaviour."

Muhammad Ridha

Picture proves worth the wait

Ridha stayed for half an hour to capture the image of the human-mimicking amphibian using his 50-mm lens. "I have never seen anything like this before so (I) decided to wait for that perfect moment," he said. "By great coincidence, I was there to see the frog holding onto the leaf stem like a person would clutch the handle of an umbrella." **MWN**

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Worth mentioning

Not-so-happy times for dancing Iranians

An Internet video of six young Iranian men and women dancing to Pharrell Williams' Happy has led to their arrests, showing how far Tehran will go to halt what it deems to be decadent western behaviour — despite the views of its moderate president.

Criticism outside Iran was predictably swift Wednesday, with calls for freedom for the jailed youths zipping around social media. Williams tweeted: "It's beyond sad these kids were arrested for trying to spread happiness."

A tweet posted Wednesday



Pharrell Williams GETTY IMAGES

evening on President Hassan Rouhani's account seemed to address the controversy, even if it stopped short of mentioning the video or the arrests directly.

"#Happiness is our people's right," it said. "We shouldn't be too hard on behaviours caused by joy."

Other social-media posts

suggested at least some of the dancers had already been released, though there was no independent confirmation from authorities.

The case was another reminder of the tensions that exist at the highest levels of Iranian power, with hard-liners determined to maintain the status quo while moderates try to push through change — be it improved relations with the West or a loosening of morality clamp-downs at home.

Hard-liners are increasingly challenging Rouhani as the country negotiates a nuclear deal with world powers. The president campaigned for greater cultural and social freedoms in his bid to succeed Mahmoud Ahmadinejad last year.

THE ASSOCIATED PRESS

Reaching out and touching sound with duo Moon King

Dream pop. Band's album now in the works is pure dark sci-fi, with a 'Blade Runner kind of vibe'



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

He was lost, wandering around Vienna, Austria, in the early hours of the morning.

A melody worked its way into his head as he meandered through an old train station, his voice echoing through the expansive space.

The inception of the song Dreamtrap, with its ambient textural opening and large reverb, can be traced back to this moment.

It belongs to fuzz pop duo Moon King's latest EP, Obsession II, released on Toronto label One Big Silence (run by Mike Haliechuk). The band is set to play Call the Office (216 York St.) on May 29.

Musician Daniel Woodhead designed Dreamtrap to be played in a large venue, reminiscent of the song's birthplace.

The lyrics refer to seeing sound through a neurological phenomenon that some people called synesthesia — where one sensory or cognitive pathway



Daniel Woodhead and Maddy Wilde of Moon King are set to play Call the Office on May 29. CONTRIBUTED

triggers involuntary experiences in a second one.

"I guess there are different levels of it, but I definitely associate any song with texture and colour. I hear something and say, for example, that it is white and spiky or a smooth cream ... It's like you can reach out and touch a sound," says Woodhead.

Moon King's other half,

Maddy Wilde, sings and plays guitar. The pair have known each other since they were children, growing up on the same block and playing together in the now defunct Spiral Beach (whose other members, including Daniel's brother, Airick, went on to form Doldrums and Austra).

After aimlessly meandering around the U.S. for some time following the band's breakup, Woodhead (formerly a drummer) got serious about starting his own project. Now he writes, sings, produces and does audio engineering. He even has an alter ego for his role as producer (credited on the album as Chris) to keep things from getting too

carefully constructed.

"It's important to separate writer from producer," says Woodhead, who is now living in New York and working on the band's first full-length album. "When writing a song, I have to be inside the music and understand what each word is referencing. As a producer, I'm there to help it move, take the bits and shape them."

Dark sci-fi is the sound unfolding for the new record.

"I'm going for a Blade Runner kind of vibe. The synths and stuff kind of remind me of the Vangelis soundtrack, and there is kind of this dark but glowing thing going on," says the artist.

Doors for Moon King's Lon-

Around town

Tunes: Evan Dando and Sara Johnston are playing Call the Office on Friday. The venue opens at 9 p.m. Tickets are \$18 at the door.

- More tunes: Arkells, Wildlife and Jane's Party are taking the stage at London Music Hall (185 Queens Ave.) on Saturday. Doors open at 7 p.m. General admission is \$25 through venue website.

don performance open at 9 p.m. Cover is \$5.

Quoted

"Certain music feels more textural to me. The first Apex Twin record — that to me is the ultimate seeing sound in (a) spectrum of colours and shapes."

Daniel Woodhead of Moon King

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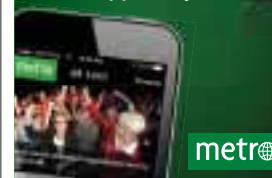
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2 SCENE

John Turturro gets all the attention

Fading Gigolo. The actor-director plays a high-end escort, directs Woody Allen in new film



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Metro World News in Hollywood

At first glance, the attention-grabbing part of John Turturro's latest film as an actor and director, *Fading Gigolo*, is that it's about a mild-mannered flower salesman (Turturro) who ends up getting pimped out by an older pal (Woody Allen) to service high-end female clients (played by the likes of Sharon Stone and Sofia Vergara). But hidden under that comic shell is a poignant look at the dying mom-and-pop store culture of New York City.

There's an impressive warmth in the cinematography in this.

That's because we shot it on film. We tested film and digital, and we decided that

film was more flattering to all the ladies. It's just softer. It creates a world of the film, like when you see a beautiful photograph or a painting and it's kind of evocative, it's something you can be invited into. And I chose a lot of very hard places to shoot in because they were all so small, so tiny. And listen, to get Woody out of khaki pants? Come on.

How did you do that?

I said, "Woody, that's not in my colour scheme." After being involved with the project for a couple of years and working in the theatre together, he was like, "OK."

I even got a ski cap on him. I mean, he's in a black jacket. He looks great!

Woody doesn't often act for other directors.

No. He likes me, I wrote the script, he gave me feedback on it, I revised it, we worked in the theatre together. So that's a two-year process of what you're seeing. In a way, Woody encouraging me and push-



John Turturro stars in his latest film, *Fading Gigolo*. CONTRIBUTED

ing me to make it deeper and whatever is kind of like the dynamic in the movie.

When I directed these plays, Woody would tell me, "Everything is great. Just

don't f--- it up."

Your film takes place in a

world that's disappearing: small, independent NYC shops.

These places are going. It's easy to be nostalgic about stuff, but there is a loss when there's less individuality and it's all the same. Go into a Starbucks, everyone's alone. I'm an investor in my bookstore in Park Slope because I like to be able to go to a bookstore that's not a chain. I don't like things that are too big, like supermarkets. They scare me. I just feel like that's not the way it's supposed to be.

Have the Coen Brothers been in touch with you about the Barton Fink sequel?

They're waiting for me to get really old, yeah.

They said it might be time. How does that make you feel?

Well, I'm ready for whatever they want to do. They want to grey me up, that's fine. Obviously with them I would do whatever. They're really some of my closer friends in the business and just in general.

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Lea Michele ALL PHOTOS GETTY IMAGES

Rachel and Mr. Schue?! Lea Michele admits to once dating Matthew Morrison

Lea Michele is changing her tune when it comes to her past with Glee co-star Matthew Morrison, but that's what happens when you have a book to sell. Back in 2010, stories cropped up about how the two had dated briefly before joining the hit musical series, but both vehemently denied them. "He's been a friend of mine from New York. People are going to make things up. I think it's just because we really

are so close," she told Hollywood.com at the time. But now? In her new book, Brunette Ambition, Michele recounts, "When we shot the pilot, I met Cory Monteith, Kevin McHale, Amber Riley and Chris Colfer for the first time. I had worked on Broadway with Jenna Ushkowitz and Matthew Morrison before. Matt had been a friend of mine for years, and in fact we'd actually dated back in the day." Glad we got that cleared up.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Khloe and Kourtney want Klown charged

MELINDA
TAUB

Metro World News

Khloe and Kourtney Kardashian are pressing criminal charges against a Los Angeles man for criminal battery. Sounds serious, until you find out that what he battered them with was confetti.

The sisters were walking on Melrose in Los Angeles when local street performer Richie the Barber, who was riding his unicycle nearby, spotted them. The clown

hurried over and showered them with confetti, according to TMZ.

The two sisters were not amused. They immediately filed a police report, which the police reportedly ignored as frivolous. However, Khloe and Kourtney followed up several days later, indicating that they planned to press charges.

Police then asked Richie the Barber if he intended to harm the women. He said no, according to TMZ. The confetti was meant to congratulate them on their success.

Let's hope Kim and Kanye don't have rice thrown at their wedding — Kim's sisters might have them arrested for attempted murder with a deadly weapon.

Twitter



@JuddApatow

People who love tattoos must get so bummed when they run out of room to add new ones. That would drive me crazy. I am a hoarder.



@JohnStamos

Perhaps i'm not so irrelevant



@SarahSilverman

Even after getting punched in the face with a smell I still think "I love you New York"



Jennifer Aniston

Jen wants to shed 10 pounds to be Picture Perfect for her wedding

Not that anyone would say Jennifer Aniston is out of shape, but a rather catty source close to the former Friends star insists that Aniston is looking

to shed
extra
10

pounds before tying the knot with fiancé Justin Theroux. "No way is Jen getting married at this weight. She'll lose another 10 pounds before she'll walk down the aisle," the source tells Radar Online. "Jen's besties, including Chelsea Handler and Courteney Cox, have been informed of Jen's weight loss plan and support it — which sounds terrible, but is absolutely how Jen operates among her peer group."



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3 LIFE

PLUS
HOMES

Beaching it like Beckham

Let's talk trunks. The ex-footballer takes a dip into swimwear in latest collaboration with H&M.

RICHARD PECKETT
Metro World News

If you only knew of David Beckham's existence through billboard posters, you'd swear that the man lives his life in tiny trunks. The 39-year-old's latest collaboration with Swedish retail chain H&M does little to dismiss that image. This time the tattooed body beautiful is launching, in his words, "a simple, old Bond movie-inspired" swimwear range of board shorts, trunks and swim shorts as part of David Beckham Bodywear for H&M. It's at a rooftop open-air swimming pool with gushing girls and water fountains that 'Goldenballs' reveals his designs that will hit stores globally today. Metro chats to Becks about stripping down, movie cameos and why tighty whities are his trunk of choice.

You've worn many different styles of swimwear over the years but which is your preferred cut?
I've kind of always gone for the tighter, smaller swimwear, personally. I'm sure there's gonna be a point where I'm not going to like it as much. But at the moment and from a very young age I've always gone for the tighter smaller white ones. One of my first actual holidays with Victoria — we'd only been together for about eight



months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention. I wouldn't wear the smaller tighter ones walking down the beach with my kids. They'd be embarrassed.

Speaking of embarrassment, how do your boys feel about you wearing such a revealing style? Have you achieved embarrassing dad status? (Chortles) They do give me the embarrassing dad look when they walk past a billboard of myself.

My mum does exactly the same. She will call up and say, "I've just walked past a huge billboard of you in your underwear." The boys are used to it now. The boys will kind of actually take selfies of themselves of me and my underwear.

You have to stay in great shape for these campaigns. Don't you ever want to just kick back with a beer?
Yeah, I do that anyway. I just have to make sure I work out in the morning after. To be hon-

est, I actually don't really work out every single day. I always take the boys and Harper to school. Trying to find time to work out during the day is difficult.

For how many more years are you going to keep stripping down?
Not many more. I'm not trying to get away from that, but obviously I'm 39 years old now and I don't think people want to see me in my underwear beyond this age. I'm still comfortable doing it but there will be a point pretty soon that I'll hang my underwear up.



Spice up your swim

"One of my first actual holidays with Victoria — we'd only been together for about eight months — I remember wearing a tight Gucci pair, which was quite daring but I was obviously trying to get her attention."

David Beckham on his swimwear choices

Once you've hung up your underwear, are you going to move into acting? Maybe a cameo in a Bond movie?

Umm, no. I never wanted to go into acting in any kind of way. I've dipped in and I've dipped out. I've enjoyed doing certain things and when I've done it, it's always been done pretty well. I've been working with great directors like Guy Ritchie. But acting has never been something that I've kind of wanted to go into. But you never know, you never know.



Canadian street style

Spotted in: Toronto

Name: Laura Jean Marie

Age: 28

Occupation: Collections consultant

What she's wearing:

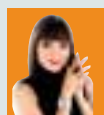
JCrew coat, St. James T-shirt, a.p.c tote + Rag and Bone jeans

What she's wearing: "Simple looks and clothes that I feel comfortable in."

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TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



With the "Dream Crew" who operated the first @AirCanada #Dreamliner787 from Seattle to Toronto last Sunday.

You may not have grass on your front lawn yet, but there's no reason to do without that intense fresh scent and spring colour that we remember from days gone by. These grass-inspired items give you all the green without the need for a lawn mower



**DESIGN
CENTRE**
Karl Lohnes
home@metronews.ca

Green, green grass of home

Evergreen turf

Create a lush, realistic lawn inside or out. With colours and texture to mimic real grass, UZ-ITE 100% olefin carpet is non-fade and can be hosed down to clean. \$18/square yard, HomeDepot.ca



Tailor-blade tableware

A lush grass graphic to adorn your tabletop. Euro Ceramica's New Grass 16-piece collection is microwave- and dishwasher-safe. \$90, BedBathAndBeyond.ca

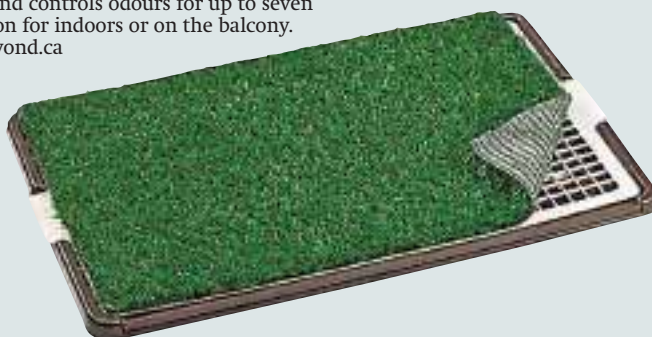
Faux potted

A faux take on potted grasses. Lush everlasting grass in a ceramic planter brings a touch of spring to any room. \$14, UrbanBarn.com



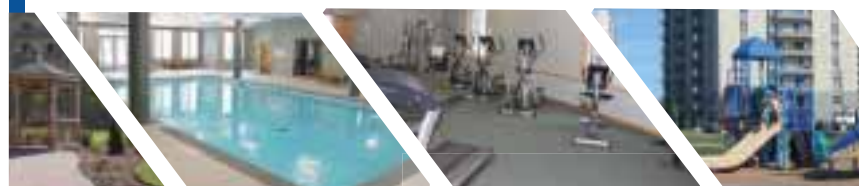
A sod spot for critters

A place for your dog or cat that replicates the great outdoors. Paws Life potty locks in liquid pet waste and controls odours for up to seven days; a great option for indoors or on the balcony. \$33, BedBathAndBeyond.ca



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Dryer pastures

A fresh way to dry the dishes. Boon's 'Grass' Countertop Drying Rack adds a burst of colour to the kitchen. \$30, Sears.ca



ALL PHOTOS CONTRIBUTED

When in Paris, saying 'oui' to tartare is a must

Cookbook of the Week

Get into a Paris state of mind

LAURA CALDER



PARIS EXPRESS

Paris is known for its whimsical tourist attractions, romantic backdrops and, of course, its indulgent food.

In Paris Express: Simple Food from the City of Style, Laura Calder demystifies the idea that Parisian bites are technical and tedious.

With photos of both dishes and city scenes as well as about 120 recipes, Calder helps readers to build their Parisian kitchen repertoire through helpful tips. Recipes include Veal Fricassée with Mushrooms, Seared Duck with Plum Compote, Red Onion Tart, Raspberry Clafoutis, and more. **METRO**

Steak Tartare. This bistro favourite is authentically Parisian

"Burgers are storming Paris at the moment — hélas! — and everyone eats them with a knife and fork," writes Laura Calder in her book Paris Express. "But steak tartare remains a bistro favourite, and I prefer it hands down, as long as it's a good one, which, quite frankly, is a rare find (no pun intended).

"To make your own, be sure to get the meat from a reputable butcher and let him know you'll be serving it raw. A bit of fresh horseradish grated over the final product is classic. The contrasting crunch of thin slices of lightly toasted olive-oil-rubbed baguette are de rigueur with this, unless you're going to play bistro yourself and serve it with crisp french fries."

Ingredients

- 8 oz (225 g) rib-eye steak
- 1/2 shallot, minced
- 2 anchovies, rinsed and chopped
- 1 raw egg yolk (or 1 tsp mayo)
- A handful of chopped fresh parsley
- 1 tbsp chopped cornichons
- 1 tsp chopped capers
- 2 tsp Dijon mustard
- 2 tsp Worcestershire sauce
- 2 tsp Cognac (optional)
- Few drops hot pepper sauce
- Salt and pepper
- A squeeze of lemon juice
- A handful of micro-greens, for garnish
- Olive oil

1. Make this dish just before serving.

2. If you haven't had the butcher mince the meat for you, put it in the freezer for about 30 minutes to make it easier to cut, then mince it very, very finely with a knife.

3. In a bowl, mix the shallot, anchovies, egg yolk, parsley, cornichons (gherkins), capers, mustard, Worcestershire sauce, Cognac (if using), and hot pepper sauce. Add meat and mix well. Season with salt, pepper, and lemon juice. Shape into 4 patties and arrange on plates.

4. For garnish, dress a handful of micro-greens very lightly with olive oil, lemon juice, and salt and pepper. Set a pinch on top of each tartare shape and serve. **RECIPES FROM PARIS EXPRESS BY LAURA CALDER ©2014 (PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.)**



This recipe serves four. PHOTOS ANCUȚA IORDĂCHESCU © 2014



This recipe serves six to eight people.

Roasted Confetti Ratatouille

"Confetti-like sparkles of tomato and warm-coloured peppers make this roasted take on ratatouille different from the average chunky, soupy mix," writes Laura Calder in Paris Express.

1. Heat the oven to 400 F (200 C). Toss all the ingredients together — except the olives and basil — and spread in a single layer on a baking sheet (or 2 smaller baking sheets, depending on their size). Bake, stirring once or twice, until tender, 20 to 25 minutes. Stir through the olives and basil and transfer to a serving dish. Serve warm or

Ingredients

- 1 orange pepper, finely diced
- 1 yellow pepper, finely diced
- 2 small zucchini, finely diced
- 2 small eggplants, finely diced
- 3 to 4 medium tomatoes, seeded and finely diced
- 3 garlic cloves, minced
- 1/4 cup (60 ml) olive oil, more as needed
- Salt and pepper
- A handful of sliced pitted black olives
- A large handful of shredded fresh basil leaves

at room temperature.

For your phone

The Photo Cookbook – Barbecue Grilling (iPad/iPhone; \$3.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This visual collection of 60 step-by-step recipes includes skewers for meat, poultry, and seafood, plus some really inventive veggie choices including stuffed mushrooms, flatbread, and a baked camembert berry compote.



MLB

Tigers trumped in Cleveland

Asdrubal Cabrera scored on Al Alburquerque's bases-loaded balk in the 13th inning to give the Cleveland Indians an 11-10 win over the Detroit Tigers on Wednesday.

Alex Avila's two-out homer in the top of the inning put Detroit ahead, but the Indians scored twice for their second walk-off win in the three-game sweep.

Mike Aviles led off with a single against Phil Coke (0-1) and took second on Michael Bourn's sacrifice. After Cabrera was hit by a pitch, Michael Brantley lined a single to left for his fourth hit that scored Aviles, who slid home before Rajai Davis' throw.

THE ASSOCIATED PRESS

Negotiations

CFL labour talks hit snag

The CFL reached out directly to its players and fans Wednesday after the latest round of labour talks with the CFL Players' Association hit a snag.

The league announced it had rejected a proposal from the CFLPA and also made its first public declaration on the negotiations, unveiling details of the offer it made to the Players' Association on May 15.

The league said its offer would boost the average player salary by 12 per cent this season to \$92,917 with a further increase over the following five years. The salary cap would increase by nine per cent this season from \$4.4 million to \$4.8 million per team.

THE ASSOCIATED PRESS

NBA playoffs

George's Game 3 status in question

The long break between games in the Eastern Conference finals could be welcomed by Indiana, after Pacers guard Paul George was diagnosed Wednesday with a concussion that will force him to complete several NBA-mandated procedures before he can return to the matchup against the Miami Heat.

The series, now tied at a game apiece, doesn't resume until Saturday night.

THE ASSOCIATED PRESS

This cup much less stormy for Stewart



Memorial Cup. After creating sideshow at 2000 championship, Guelph coach has different outlook

The last time Bill Stewart was a coach at a Memorial Cup, he was the ringmaster of a circus.

Fourteen years ago in Halifax, he was the head coach of a Barrie Colts team whose stars behaved badly. Stewart's own actions at that tournament and during the 1999-2000 season were confounding too.

As talented as the Colts were in winning an Ontario Hockey League championship, the team appeared out of control because of the actions of a few players and their coach.

"I feel I have to show everyone every day that I've changed, whether it's one year after or 14 years after," says Stewart, now an assistant coach of the Guelph Storm at the 2014 MasterCard Memorial Cup.

Landing Stewart as a coach and general manager in 1999 was a coup for the Colts. At 42, he'd already won an OHL title with Oshawa in 1997, was named the AHL's coach of the year in 1998 and was coming off a season as head coach of the New York Islanders in 1998-99.

Now 56, Stewart says coaching success had come soon and easily to him. When he joined the Colts, it was all about winning, even though coaching teenagers living away from home requires stewardship and mentoring away from the ice.

There was no shortage of drama.

There was also trouble with the league and the law. Sexual-assault charges against three Colts were later dropped but hung over the team during their playoff run.

He had separate players suspended for 25, 15 and 24 games at different points in the season.

The most notorious incidents of all were when Stewart twice smuggled a Ukrainian player over the U.S. border in



Guelph assistant coach Bill Stewart looks on from the bench during Saturday's game against the Edmonton Oil Kings. DAVE CHIDLEY/THE CANADIAN PRESS

This is it

"There is no chance he can make another mistake or poor judgment, and he's been very good in that. I think we can all grow by that 10 or 15 per cent and I certainly think he's done so."

Guelph Storm GM Mike Kelly on assistant coach Bill Stewart

the baggage compartment of the team bus.

He was stripped of the GM's title by the OHL for that and barred from entering the U.S. and unable to coach in Plymouth, Mich., during the OHL final.

At the Memorial Cup, the team was fined \$5,000 because players walked out of the

opening banquet prior to CHL commissioner David Branch's speech. Stewart then had the Colts skate around their end of the rink during the first game's opening ceremonies and O'Keefe refused to shake Branch's hand for the ceremonial faceoff.

"Sometimes things get away from you," Stewart says. "Bar-

rie was a tough year. You don't really want to go through those times. It wasn't one specific thing. It was a number of things."

He reached out to Branch, who is also commissioner of the OHL, and the two men had lunch in 2006. Stewart wasn't banned from coaching in the OHL but wanted to rebuild bridges with the commissioner.

"It was informal," Branch recalls. "I did most of the listening and Bill expressed a strong desire and interest to come back."

When Stewart's long-time acquaintance Mike Kelly took over as GM of the Storm in 2010, he needed to revamp his hockey staff. Kelly contacted Stewart because he felt his deep and broad coaching experience would be an asset.

"I've always admired his hockey IQ. It's remarkable, there's no doubt," Kelly says. "But I also was concerned with some decisions he's made in the past."

Stewart was a consultant with the Storm at first and was named Scott Walker's assistant coach in 2011.

"To me, it gave Scott the best chance at having success," Kelly says. "It also gave Bill an opportunity to come back into the league. As Bill has said in some other interviews, he's on a short leash. He's representing the Guelph Storm, he's representing the Ontario Hockey League."

The Guelph Storm will play in Sunday's final at this year's Memorial Cup. Both Kelly and Walker describe Stewart's personality as "strong."

"There's never a dull moment," Walker says. "He's an intense guy. We're very similar on the intense side. We want to win. It's just a matter of it's not a win at all costs, all the time."

Stewart wants to return to the NHL some day.

"That was basically my goal as far as coming back and being with Scott and growing again and making sure things are done properly and making sure I'm an asset to anybody I work for," he says. "There's more to coaching now than just the intangibles as far as motivating, communicating and knowing the game. You have to be media-friendly, you have to be outgoing, you have to be able to work with people, and that's the new global game now."

THE CANADIAN PRESS

4 SPORTS

Habs back 'Thomas Vanish'

Fans slam Vanek.

Coach tweaks forward lines after poor shooting vs. Rangers

It is Thomas Vanek's turn to feel the heat.

The veteran forward suddenly became a target among fans and media in Montreal for his lack of production as the Canadiens dropped the opening two games of the NHL Eastern Conference final at home.

It was given more fuel Wednesday as coach Michel Therrien dropped the team's marquee trade deadline pickup to the fourth line, although that put him with his former Buffalo teammate Daniel Briere in a potentially dangerous scoring duo.

In fact, three of the four lines were changed, with only the top unit of centre David Desharnais between Max Pacioretty and Brendan Gallagher intact.

Therrien cautioned not to read too much into it as it all



Thomas Vanek is under the spotlight in Montreal with the Canadiens desperate for offence down 2-0 to the New York Rangers in the Eastern Conference final. RYAN REMIOWZ/THE CANADIAN PRESS

could change again ahead of Game 3 on Thursday night in New York.

"Sometimes the results are not there but the chances are there. But if I see there are no chances, not much happening, now I'm at a point where I have to make some decisions. Hopefully by making some

changes, something's going to happen."

Vanek had no points and was minus-3 with one shot on goal in the opening two games against the Rangers: a 7-2 wipeout on Saturday and a 3-1 loss on Monday night.

He has been slammed for a perceived lack of effort and involvement, and some are starting to call him Thomas Vanish.

Fans were on his back as he struggled to score in the opening-round sweep of Tampa Bay and the start of the second round against Boston, before finally finding his scoring range late in the conference semifinal.



With star goalie Carey Price out injured, the Habs will go with Dustin Tokarski for Game 3. THE CANADIAN PRESS

Online

Go to metronews.ca for more NHL playoff coverage.



Fellow Habs left-winger Pacioretty leapt to Vanek's defence, calling scoring goals "the hardest job in the world." THE CANADIAN PRESS

NHL

Rangers riding high with five-game streak

Madison Square Garden underwent a recent \$1 billion transformation, and yet it will have another completely different feeling once the New York Rangers hit the ice in the Eastern Conference finals.

Gone will be the fear of impending doom that enveloped the club during its second-round comeback against Pittsburgh. Missing will be the nerves that any goal or loss could mean the end of the season.

Suddenly, the Rangers are the front-runners against the Montreal Canadiens, and their fans now have the chance to celebrate the ride with them.

"Having fan support is obviously huge," Rangers coach Alain Vigneault said. "Unconditional love, it's something that's really beneficial to a team." THE ASSOCIATED PRESS

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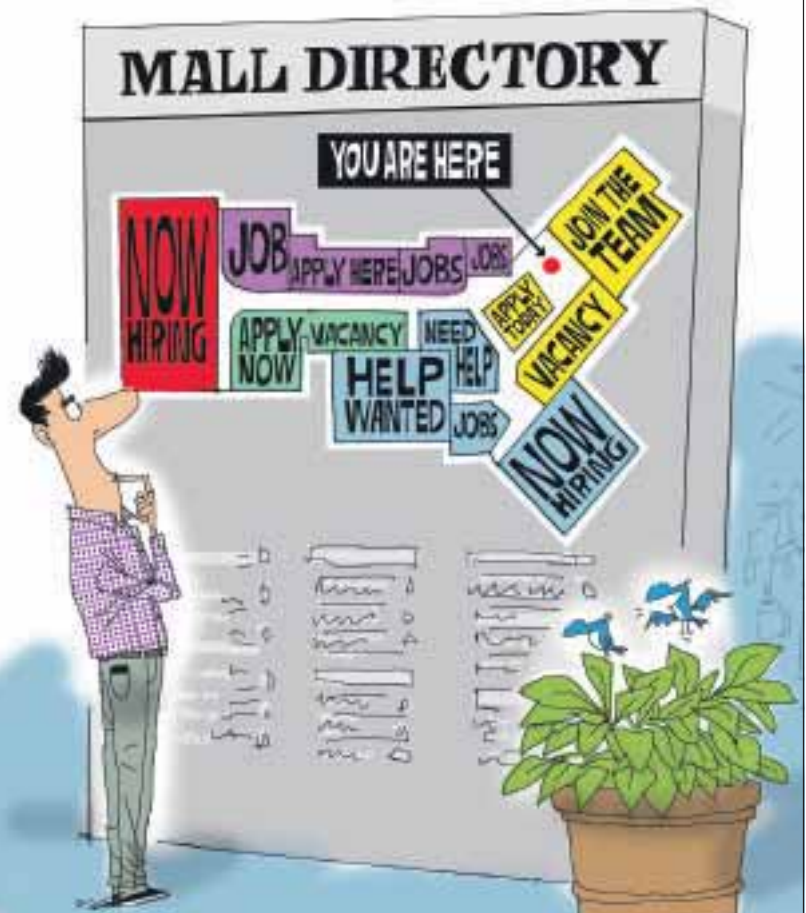
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Horoscopes

♈ Aries

March 21 - April 20

You will jump right in and get things done today. Your mind is working fast and your body isn't far behind it, so do what feels right and do it magnificently. You will surprise a few people by what you achieve.

♉ Taurus

April 21 - May 21

Your insight is such that others may wonder if you are psychic. Maybe you are, but there is nothing supernatural about your aims: you want to be a success and you want to be rich.

♊ Gemini

May 22 - June 21

There is no point making plans because whatever you decide is likely to be overtaken by other events. Just be ready to act when the opportunity arrives and don't be surprised if it's not what you were expecting.

♋ Cancer

June 22 - July 23

There are times when it is best to keep your feelings to yourself but this isn't one of them. You may surprise yourself with the intensity of your emotions over the next 24 hours. You've been keeping too much inside.

♌ Leo

July 24 - Aug. 23

Others will be happy to do what you ask of them today if they feel that you value their efforts. Say all the right things and you won't have to lift a finger!

♍ Virgo

Aug. 24 - Sept. 23

If you want to make an impression on people in positions of power, now is the time. The Sun in the career area of your chart urges you to do something that makes others sit up and take notice.

♎ Libra

Sept. 24 - Oct. 23

You will be inspired over the next few days. Every idea you have will be touched by genius. Remember though that ideas mean nothing unless you do something with them.

♏ Scorpio

Oct. 24 - Nov. 22

The planets warn you may fall prey to worries and anxieties that at most others times would not bother you. Keep telling yourself that each and every one of them is an illusion.

♐ Sagittarius

Nov. 23 - Dec. 21

You have been asking some searching questions of yourself and today you will discover that the answers you seek are not to be found in your career or in making more money.

♑ Capricorn

Dec. 22 - Jan. 20

Don't be afraid to break the rules. You may be a straight up person but sometimes even a Capricorn has to take a shortcut to get where they most want to be. So long as it does not hurt other people, it's not immoral.

♒ Aquarius

Jan. 21 - Feb. 19

You will be inspired over the next two or three days. The Sun in Gemini will encourage you to believe that all things are possible and that taking risks is not an option but a necessity.

♓ Pisces

Feb. 20 - March 20

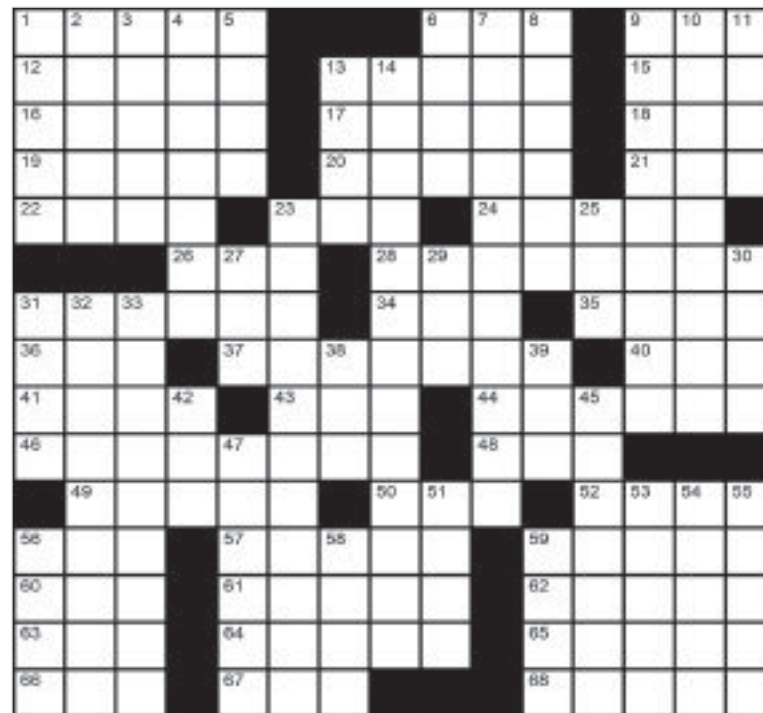
The solution to a problem that has been causing you sleepless nights will pop into your head today and you will kick yourself mentally for not having seen it sooner. Never mind, now you know what to do — so do it.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. April Wine's "Just Between You ____"
6. Rocker Mr. Gallagher
10. Plug-less network connection
14. Repeat a TV show
15. Lodging of lore
16. Water wader
17. Canadian store for sewing supplies, etc.
19. Robert De ____
20. Rihanna/Mikky Ekko song
21. Pencil gradings, commonly
22. Roof-accessing need
24. Flowery souvenir
25. Pants holder-upper
26. Anne Shirley's beloved: 2 wds.
32. Ovid's love poetry collection
33. Concernings, curtly
34. Cheerios stuff, ____ fibre
36. Phoney
37. Curtain call maneuver
38. By land ____
40. Mr. Cage, to pals
41. Trend
42. Avow
43. Canadian Cocktails: Bloody Caesar glass feature: 3 wds.
46. Some streets, shortly
47. ____Medonte (Ontario township)



48. Cooking cover: 2 wds.
51. Brazil: ____ Paulo
52. Network VIP
56. Matinee ____
57. ISBN = International Standard ____
60. Place
61. BMW rival
62. Chimney plume
63. Soon, to Shake-

- speare
64. Gramp's wife
65. Group of six

Down

1. Canine communications!
2. Orderly
3. ____ bit on, as ointment
4. Muddy
5. Q. "What show did George Clooney star on?" A. "____, ____ believe."
6. Juno-winning Reggae artist, Elaine ____ Shepherd
7. "____ little time..." (The fastest way)
8. Beach Boys' "Bar-

- bara ____"
9. Strung-together musical blends
10. Southeastern Saskatchewan village
11. In the same place, Latin-style [abbr.]
12. Campsite warmth-giver
13. "I'm not sure if it ____ not."

18. Sonny Bono's duets partner, and namesakes
23. Music: ____Rock
24. Some jeans
25. What the wind did
26. Chatter
27. Bruce Springsteen's "____ Fire"
28. Someone smart's specialty
29. Canadian music manager for acts including Bryan Adams and Anne Murray: 2 wds.
30. "Canadian Girls" by Dean ____
31. Reliever
35. Ms. Hatcher
37. Drinking spots
38. Nobel Peace Prize city
39. PIN-inputting spot
41. Horse's food-holding thingy
42. Mr. Carter, singer Nick's brother
44. Caesar's 56
45. Absorb all: 2 wds.
48. Tilting Tower
49. Aesir ruler
50. Oz dog
51. Fizzy drink
52. Famous model
53. Gaming console
54. "____! spider!"
55. On-the-streets believability, for short
58. "Days of ____ Lives"
59. Show-to-seats, shortly

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

8	7	6	4	5	3	2	1	9
4	5	9	1	2	7	8	3	6
3	2	1	8	6	9	5	7	4
2	4	3	7	8	1	9	6	5
9	8	5	2	3	6	7	4	1
6	1	7	5	9	4	3	8	2
5	3	8	6	4	2	1	9	7
1	9	4	3	7	5	8	2	6
7	6	2	9	1	8	4	5	3

		1		8				9
					1			
4			7		3		2	
5	8		6			4		
	2						7	
		4			9		5	1
	1		5		4			9
			8					
3			9			6		

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Friday
17°/8°
Variable
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